

Lorton Senior Center

**IT'S NOT THE YEARS IN YOUR LIFE,
BUT THE LIFE IN YOUR YEARS THAT COUNT**

**7722 Gunston Plaza
Lorton, Virginia 22079
Phone 703-550-7195, TTY 711
Fax 703-541-2092**

**Anne Miller, *Director* Brigitte Bombardier, *Assistant Director*
Operating Hours Monday to Friday, 9 a.m. – 4 p.m.**

September, October, November 2006

**Holiday Closings: September 4, 2006, October 9, 2006 and
November 10, 23, 24, 2006**



***A Fairfax County Va.,
publication***



www.fairfaxcounty.gov/rec



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-43867, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements

Lorton Senior Center Announcements

Program Reminders:

All trips and social events, luncheons, and classes require a reservation several days in advance.
All trips are from 10 a.m. - 2 p.m. with a \$1 bus fee, unless otherwise noted. Lunch fees are additional.
Program dates and times are subject to change; please call the center for daily changes.

New Classes at Lorton!

- Ballroom Dance Class
- Canvas Stitching
- Senior Academy for Technology

Volunteers Needed!

- **Computer Instructor** for any level course.
- **Lead** the "Tension Reliever Time" someone to facilitate an audio program by announcing the class and setting up the equipment once a month.
- **Craft Leader** to plan and facilitate a monthly art or craft project.
- **Partnership with Gunston Elementary** –Please consider volunteering at Gunston Elementary. See staff for information and volunteer opportunities. We are looking for someone willing to drive volunteers to and from Lorton Senior Center and Gunston Elementary on a weekly basis.

Please let us know if you are able to volunteer to facilitate an ESL class, cooking project or, to share a special hobby with others.

Advisory Council Voting Week will begin Monday September 25, 2006 through Friday September 29, 2006. If you are interested in running for a council office please let Albina, Marie or center staff know. If you will be out of town during this voting week, please let Anne know to make arrangements for your vote.

Your Ideas Needed

Each calendar is created with ideas suggested by participants. A convenient form is handed out each quarter for you to include your ideas and suggestions.

Please write specific ideas, locations or types of activities.

Shopping locations or Special trip ideas — Where do you want to go, what do you want to visit?

Special interests/speaker ideas – can be any interest you have. Classes - exercise or dance, health topics, craft or hobby
Special event, entertainers, social or party ideas, Red Hat Society or Tie Guy functions

Lorton Senior Center's Inclement Weather Policy

- If Fairfax County Public Schools are closed, Lorton Senior Center is closed.
- If Fairfax County Public Schools are delayed 1 or 2 hours, Lorton Senior Center opens at 10 a.m., however there will be no lunch, no Fastran, some activities may be cancelled.
- If Fairfax County Public Schools close early (early dismissal) Lorton Senior Center will close after lunch, and all afternoon activities will be cancelled.
- If you have any questions about the Fastran schedule, call Lorton Senior Center 703-550-7195, TTY 711.

We are a Senior Navigator site. Finding resources may be easier than you think. Use www.seniornavigaor.org, a free service that connects seniors and caregivers with resources in Virginia.

Adopt-a-Soldier ~ We Care Project – See box at center for suggested items to donate. We ship boxes to soldiers serving in Iraq and Afghanistan. If you have family or friends serving in the U.S. military, please provide us with their addresses and we will send them a care package.

A Note from the Executive Council of the Friends of Fairfax County Senior Centers Inc.

"Friends of Fairfax County Senior Centers, Inc.", a non-profit organization was created to help provide increased support to senior programs and services in Fairfax County.

Please support our Fundraiser: Hot/Cold Packs sold at each of the senior centers. \$15 for regular, \$20 for shoulder packs. Please direct all donations and purchases to an advisory council member and not to center staff. Money collected is strictly for use by the Senior Center Advisory Councils. All contributions are appreciated and will be optimally utilized by each senior center.

Lorton Senior Center Advisory Council

President – Elaine Roehrs

Vice-President – Chuck Jones

Secretary – Nadine Bryson

Treasurer – Peter Faragalla

Members At-Large – Marie Bayne and Albina Palka

Advisory Council Meetings are scheduled every First Tuesday of the Month at 10:30 a.m. The meetings are open to all.

Council Notes: Most council members are active and present at the Senior Center on a daily/weekly basis. If you need to speak with a council member and one is not present, please leave a message with Anne or Brigitte and you will be contacted. Your comments, concerns, suggestions, ideas and participation are welcome and encouraged.

We have many opportunities for volunteerism; please let someone know you are interested in helping. There are many different ways to be actively involved in your senior center, from doing center tasks, helping with community service projects, helping at parities and special functions, participating on the social committee or leading a class, craft, game or other activity.

Red Hat Society Chapter: Red Hot Ladies of Lorton

"Red Hot Ladies of Lorton"

The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and élan. We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next.

Red Hat Officers:

Queen Mum – vacant

Vice-Queen Mum – Elaine Roehrs

Lady of the Plume – Pat Childers

Travel & Entertainment Coordinator – vacant

Sunshine Girl - Ruthie Hetrick

Scrapbook Mistress – Eleanor Lally

Group Functions Coordinator – vacant

Treasurer – Lillian Hampton

The Call Girl – Betty Jackson

Countess of Online Communication – vacant

Speaker & Special Presentation Coordinator - vacant

Red Hot Ladies of Lorton is Registered online www.redhatsociety.com user name: lortonseniorcenter password: Lorton
As you can see there is room for more involvement, not only as a member but as an officer. If you are interested please contact a Red Hat Officer listed above or center staff.

Red Hat social and planning meeting

Join us at Lorton Senior Center on the 3rd Tuesday of every month from 10 a.m. till noon

Ladies, please join us for any special event or trip and feel free to come dressed in all your purple and red regalia!

Fairfax County Services in Our Area (Region 1)

To better serve Fairfax County residents by coordinating services, identifying needs and promoting resources, Fairfax County divided our large geographic area into clusters of 4 regions. Lorton is in Region 1. The following are other Community and Recreation Services and other resources available to you in our region, including Senior Centers, Community Centers, Teen Seniors, Therapeutic Recreation, Athletic Services, Fastran and Cooperative Extension.

REGION I Area

Region 1 is located in the southeastern section of the County. It contains the communities of Rose Hill, Franconia, Virginia Hills, Groveton, Hybla Valley, Mount Vernon, Gum Springs, Fort Belvoir, Lorton, and Newington. Region 1 covers the Mount Vernon and Lee magisterial districts. The programs, neighborhoods and centers in Region 1 that CRS serves are:

Athletic Services 12011 Government Center Parkway, Tenth Floor Fairfax, VA 22035-1115 703-324-5522, 703-324-5533, TTY 703-222-9693 Fax 703-324-5546 Hours: Monday - Friday 8 a.m. - 4:30 p.m.	The Cave Teen Center at Twain Middle School 4700 Franconia Road, Alexandria, VA 22310 703-609-9135, TTY 711 Fax 703-704-6699 School time hours: Friday 6 - 10 p.m., Saturday 7 - 11 p.m. Summer hours: Tuesday -Friday: 6 - 10 p.m. Saturday: 7 - 11 p.m.
Community Centers Division 12011 Government Center Parkway, Tenth Floor Fairfax, VA 22035-1115 703-324-5555, TTY 703-222-9693 Fax 703-222-9792 Hours: Monday - Friday 8 a.m. - 4:30 p.m.	Gum Springs Community Center and Senior Program 8100 Fordson Road, Alexandria, VA 22306 703-360-6088, TTY 711 Fax 703-360-4682 Community Center Hours: Monday – Friday 9 a.m. - 10 p.m., Saturday 1 - 10 p.m. Senior Program Hours: Monday - Friday 9 a.m. - 2 p.m.
Fairfax Cooperative Extension 12011 Government Center Parkway, Tenth Floor Fairfax, VA 22035-1115 703-324-5369, TTY 703-222-9693 Fax 703-324-5337 Hours: Varied	Gum Springs Computer Clubhouse 8100 Fordson Road, Alexandria, VA 22306 703-360-3014, TTY 711 Fax 703-360-4682 Hours: Monday - Friday 2 - 8 p.m.
FASTRAN 12011 Government Center Parkway, Tenth Floor Fairfax, VA 22035-1115 703-222-9764, TTY 703-222-9693 Fax 703-803-8166 Hours: Monday - Friday 8 a.m. - 4:30 p.m.	Huntington Community Center 5751 Liberty Drive, Alexandria, VA 22303 703-960-1917, TTY 711 Fax 703-329-3778 Hours: Monday - Friday 9 a.m. - 8 p.m., Saturday 12 - 8 p.m.
Therapeutic Recreation Services 12011 Government Center Parkway, Tenth Floor Fairfax, VA 22035-1115 703-324-5532, TTY 703-222-9693 Fax 703-222-9788 Hours: Monday - Friday 8 a.m. - 4:30 p.m.	Hollin Hall Senior Center 1500 Shenandoah Rd, Alexandria, VA 22308 703-765-4573, TTY 711 Fax 703-768-1572 Hours: Monday – Friday 9 a.m. – 4 p.m.
Groveton Senior Center at South County Center 8350 Richmond Highway #325, Alexandria, VA 22309 703-704-6216, TTY 711 Fax 703-704-6699 Hours: Monday – Friday 8 a.m. - 4 p.m.	Lorton Senior Center 7722 Gunston Plaza, Lorton, VA 22079 703-550-7195, TTY 711 Fax 703-541-2092 Hours: Monday – Friday 9 a.m. - 4 p.m.
Hideaway Teen Center at South County Center 8350 Richmond Highway, #309 Alexandria, VA 22309 703-704-6234, TTY 711 Hours: Monday-Thursday 2 - 9 p.m., Friday 2 - 10 p.m., Saturday 12 - 11 p.m.	

SEPTEMBER 2006

Lorton Senior Center 703-550-7195, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please consider volunteering at Gunston Elementary. See staff for information and volunteer opportunities. Also, we are looking for someone willing to drive the volunteers to & from Lorton Senior Center and Gunston Elementary on a weekly basis.</p>	<p>Advisory Council Voting Week will begin Monday Sept 25 through Friday Sept 29. If you are interested in running for a council office please let Albina, Marie or center staff know. If you will be out of town during this voting week, please let Anne know to make arrangements for your vote.</p>			<p>1</p> <p>9-4 Billiards, Ping Pong Exercise Bike Computer Lab Get Fit at So.Run Rec Cnter 10-2 Trip: SFW at Lorton Station 10:15 Lower Body Isometrics Video 11:00 Pay Me Game 11:30 Walking Group 12:35 BINGO 1:20 Shiang-Kung Exercise</p>
<p>4</p> <p>Labor Day Holiday Center is Closed</p> 	<p>5</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Vol: Teaching Dolls 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video <i>Advisory Council Meeting</i> 11:30 Walking Group 12:30 Poker for Fun Labor Day Trivia 12:35 BINGO</p>	<p>6</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi Video 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Video 11:30 Walking Group 12:30 Shuffleboard Rummikub ESL & Ingles Para Latinos Class 2:30 BallroomDanceClass RR\$</p>	<p>7</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-2 Trip: Senior Info Expo at Springfield Mall 11-4 Computer Coaching \$ RR 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video <i>BP Check w/ Eleanor M</i> 11:30 Walking Group 12:30 <i>For Your Health w/ Eleanor</i> Kings in the Corner 12:45 Piano Lessons RR\$</p>	<p>8</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Computer Lab New Watercolor Class begins RR \$ 10-2 Hearing Screening 10:30 Tina'sJazzercise 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel ntroClass RR\$ Group Game: Outburst 1:20 Shiang-Kung Exercise</p>
<p>11</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Balloon Volley 11:00 <i>Show-n-Tell w/ Elaine "IndianCollection"</i> 11:30 Walking Group Canvas Stitching Project Line I DanceClass RR\$ 1:30 Line Dance II Class RR\$</p>	<p>12</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-2 Trip: Farmer's Market/ Old Country Buffet 10-12 Computer I Class New Class RR\$ Vol: Make Teaching Dolls 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Walking Group 12:30 Poker for Fun Computer II RR \$</p>	<p>13</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class RR\$ 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class RR\$ 11:30 Walking Group 12:30 Rummikub ESL & Ingles Para Latinos Class 12:35 BINGO 2:30 BallroomDanceClass</p>	<p>14</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12ComputerWorkshop: Create Address Book Using Access w Faith \$ Bridge Group 11-4 Computer Coaching 10:15 Chair Tai Chi & Yoga Video 11:30 Walking Group TriOminoes 12:30 <i>Fire &Rescue Talk</i> Kings in Corner 12:45 Piano Lessons</p>	<p>15</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-12 B-day Cheers ! Dance to "That Oldies Place" w/ Steve the DJ 11:30 Walking Group 12:30 Excel Intro Class Bianca Belly Dance Demo 1:20 Shiang-Kung Exercise</p>
<p>18</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-2 Trip: Pier 1 & Bamboo Buffet 10-12 Bridge Group Exercise Bike 10:15 Walk Aerobics 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I DanceClass 1:30 Line Dance II Class</p>	<p>19</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Computer I Class Vol: Make Teaching Dolls 10:30 Red Hat Meeting Forever Fit Exercise Class at Gold's Gym 11:30 Movie &Popcorn Day: <i>On Golden Pond</i> Walking Group 12:30 Poker for Fun Computer II Class Fitness Experience Video</p>	<p>20</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 <i>Steve's Travels</i> ESL & Ingles Para Latinos 2:30 BallroomDanceClass 6-9PM Advisory Council Social Community Coffee House Night with Entertainment!</p>	<p>21</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 11-4 Computer Coaching 10:15 Chair Tai Chi & Yoga Video 11:30 Walking Group TriOminoes 12:30 <i>Dr Azita Moalemi Heart Health: Congestive Heart Failure Part 1of 2</i> Kings in the Corner 12:45 Piano Lessons</p>	<p>22</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-2 Charter Trip: Progressive Lunch 10:30 Tina'sJazzercise Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class Class 12:35 BINGO 1:20 Shiang-Kung Exercise</p>
<p>25</p> <p>9-4 Advisory Council Voting Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Balloon Volley 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I DanceClass 1:30 Line Dance II Class 1:30 Firedrill</p>	<p>26</p> <p>9-4 Advisory Council Voting Billiards, Ping Pong Exercise Bike 10-2 Charter Trip: Nat'l Arboretum & Bonsai Garden Tram Tour \$ 10-12 Computer I Class Vol: Make Teaching Dolls 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Walking Group 12:30 Poker for Fun Computer II Class</p>	<p>27</p> <p>9-4 Advisory Council Voting Billiards, Ping Pong 9:30 Tai Chi II Class 10-2 Trip: Potomac Mills Mall Exercise Bike 10:15 Dominoes 10:45 Qigong Class 11:30 Walking Group 12:30 ESL & Ingles Para Latinos Class 12:35 BINGO 2:30 BallroomDanceClass</p>	<p>28</p> <p>9-4 Advisory Council Voting Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 11-4 Computer Coaching 10:15 Chair Tai Chi & Yoga Video 11 <i>Healthwise w/ CVS Pharmacist : Cataracts, Glaucoma, Macular degeneration</i> 12:30 <i>Nutrition Advisor</i> Kings in the Corner 12:45 Piano Lessons</p>	<p>29</p> <p>9-4 Advisory Council Voting Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10:15 Lower Body Isometrics Video 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class <i>Panama Canal Video</i> 1:20 Shiang-Kung Exercise</p>

OCTOBER 2006

Lorton Senior Center 703-550-7195, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-12 <i>Computer Workshop: Microsoft Word, Mail-Merge for Xmas Lists w/ Faith</i> RR\$ Bridge Group Exercise Bike 10:15 Walk Aerobics 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I Dance Class 1:30 Line Dance II Class</p>	<p>3</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Volunteer: Make Teaching Dolls Computer I Class 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video <i>Advisory Council Meeting</i> 11:30 Walking Group 12:30 Poker for Fun Computer II Class 12:35 BINGO</p>	<p>4</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Charter Trip: Big Apple Circus \$8 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 Shuffleboard Rummikub ESL & Ingles Para Latinos Class 2:30 BallroomDanceClass</p>	<p>5</p> <p>9-2 AARP Driver Safety Program RR \$10 9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video <i>BP Check w/ Eleanor M</i> 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 <i>For Your Health w/ Eleanor</i> Kings in the Corner 12:45 Piano Lessons</p>	<p>6</p> <p>9-2 AARP Driver Safety Program RR \$10 9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-2 Trip: Springfield Mall 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class GroupGame: Music Trivia 1:20 Shiang-Kung Exercise</p>
<p>9</p> <p>Columbus Day Holiday</p> 	<p>10</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Volunteer: Make Teaching Dolls Computer I Class 10-2 Trip: Farmer's Market / Green Olive Restaurant 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Walking Group 12:30 Poker for Fun Computer II Class</p>	<p>11</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 <i>Elderlaw Attorney KCossa, PLC Topic: Q&A</i> Rummikub ESL & Ingles Para Latinos Class 2:30 BallroomDanceClass</p>	<p>12</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 <i>Dr Azita Moalemi Heart Health: Congestive Heart Failure Part 2 of 2</i> Kings in Corner 12:45 Piano Lessons</p>	<p>13</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10:30 Tina's Jazzercise 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class 12:35 BINGO 1:20 Shiang-Kung Exercise</p>
<p>16</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-2 Trip: Kingstown Walmart 10-12 Bridge Group Exercise Bike 10:15 Walk Aerobics 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I Dance Class 1:30 Line Dance II Class</p>	<p>17</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Computer I Class Volunteer: Teaching Dolls 10:30 Red Hat Meeting Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Movie & Popcorn Day: <i>Viva Las Vegas</i> Walking Group 12:30 Poker for Fun Computer II Class</p>	<p>18</p> <p>Time TBA: Senior Services Trip: Fall Leaves Tour & Lunch Graves Mtn Lodge RR \$ 9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:45 Qigong Class 11:30 Walking Group 12:30 Shuffleboard Rummikub ESL & Ingles Para Latinos Class 2:30 BallroomDanceClass</p>	<p>19</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-2 Charter Trip: Concert at Old Town Hall/ lunch Univ Mall 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 <i>Steve's Travels</i> Kings in the Corner 12:45 Piano Lessons 1:30 Firedrill</p>	<p>20</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-12 B-day Cheers ! That Oldies Place w/ Steve the DJ POLKA DAY! 11:30 Walking Group 12:30 Excel Intro Class 12:35 BINGO 1:20 Shiang-Kung</p>
<p>23</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Balloon Volley 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I Dance Class 1:30 Line Dance II Class</p>	<p>24</p> <p>10-12 Computer I Class 10:30 Forever Fit Exercise Class at Gold's Gym 10:30-2 Lorton Senior Center 16th Anniversary Party (RR by 10/19) 11:00 Entertainment 12:00 Luncheon 12:30 Advisory Council Recognitions 1:30 Annual Group Photo 12:30 Computer II Class</p>	<p>25</p> <p>9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 Shuffleboard ESL & Ingles Para Latinos Class 12:35 BINGO 2:30 BallroomDanceClass</p>	<p>26</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video 11-4 Computer Coaching 11 <i>Healthwise w/ CVS Pharmacist : Headache Management</i> 11:30 Walking Group TriOminoes 12:30 <i>Nutrition Advisor</i> Kings in the Corner 12:45 Piano Lessons</p>	<p>27</p> <p>9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-2 Trip: Potomac Mills 10:30 Tina's Jazzercise 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class <i>Yosemite Video</i> 1:20 Shiang-Kung</p>
<p>30</p> <p>9-4 Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Balloon Volley 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I Dance Class 1:30 Line Dance II Class</p>	<p>31</p> <p>9-4 Billiards, Ping Pong Exercise Bike 10-12 Volunteer: Make Teaching Dolls Computer I Class 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Walking Group 12:30 Poker for Fun Computer II Class 12:35 BINGO</p>			

NOVEMBER 2006

Lorton Senior Center 703-550-7195, TTY 711

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Charter Trip: Mystery Trip \$ 15 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 Shuffleboard ESL & Ingles Para Latinos 2:30 BallroomDanceClass	2 9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video BP Check w/ Eleanor M 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 For Your Health w/ Eleanor Kings in the Corner 12:45 Piano Lessons	3 9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-2 Trip: Springfield Mall 10:15 Chair Exercise Video 11:00 Pay Me Game 11:30 Walking Group 12:30 Excel Intro Class 1:20 Shiang-Kung
6 9-4 Billiards, Ping Pong, Computer Lab 10-2 Charter Trip: Nat'l Zoo 10-12 Bridge Group Exercise Bike 10:15 Walk Aerobics 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I DanceClass 1:30 Line Dance II Class	7 9-4 Billiards, Ping Pong Exercise Bike 10-12 Guide to Buying a Personal Computer w/Manny RRS\$2 Vol: Make Teaching Dolls 10-2 Trip: Farmer's Market/ IHOP restaurant 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video Advisory Council Meeting 11:30 Walking Group 12:30 Poker for Fun Computer II Class	8 9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 ESL & Ingles Para Latinos Class 12:35 BINGO 2:30 BallroomDanceClass	9 9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 Fire & Rescue Talk Kings in Corner 12:45 Piano Lessons	10 Veterans Day Holiday 
13 9-4 Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10-2 Trip: Lorton Library: Local History & Geneology 10:15 Balloon Volley 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I DanceClass 1:30 Line Dance II Class	14 9-4 Billiards, Ping Pong Exercise Bike 10-12 Guide to Buying a Laptop Computer w/Manny RR\$2 Vol: Make Teaching Dolls 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Walking Group 12:30 Poker for Fun Computer II Class 12:35 BINGO	15 9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 ESL & Ingles Para Latinos Class Group Game: Tribond 2:30 BallroomDanceClass	16 9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10-2 Charter Trip: Concert at Old Town Hall/ lunch Univ Mall 11-4 Computer Coaching 10:15 Chair Tai Chi & Yoga Video 11:30 Walking Group TriOminoes 12:30 Steve's Travels 12:45 Piano Lessons Volunteer: Help with Annual Bazaar Set-up	17 9-4 Billiards, Ping Pong Exercise Bike Get Fit at So.Run Rec Cnter 9:30 – 11 Watercolor Class Computer Lab 10-12 B-day Cheers ! Dance to "That Oldies Place" w/ Steve the DJ 11:30 Walking Group 12:00 Advisory Council Social Thanksgiving Pot Luck Luncheon 12:30 Excel Intro Class 1:20 Shiang-Kung Volunteer: Help with Annual Bazaar Set-up
20 ANNUAL BAKESALE & New Artist &Crafter's Sale 9-4 Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Walk Aerobics 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project	21 ANNUAL BAKESALE & New Artist &Crafter's Sale 9-4 Billiards, Ping Pong Exercise Bike 10:30 Red Hat Meeting Forever Fit Exercise Class at Gold's Gym Fitness Experience Video Walking Group 12:30 Poker for Fun Computer II Class	22 ANNUAL BAKESALE & New Artist &Crafter's Sale 9-4 Billiards, Ping Pong Computer Lab 10-2 Trip: House of Dynasty/ Giant 10-2 Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 11:30 Walking Group 12:30 Shuffleboard	23 THANKSGIVING HOLIDAY Center is closed 	24 THANKSGIVING HOLIDAY Center is closed 
27 9-4 &Billiards, Ping Pong, Computer Lab 10-12 Bridge Group Exercise Bike 10:15 Balloon Volley 11:30 Walking Group 12:30 Skip-Bo Canvas Stitching Project Line I DanceClass 12:35 BINGO 1:30 Line Dance II Class	28 9-4 Billiards, Ping Pong Exercise Bike 10-2 Charter Trip: Local Computer Stores shop for Computer w/ Manny \$2 Vol: Make Teaching Dolls 10:30 Forever Fit Exercise Class at Gold's Gym Fitness Experience Video 11:30 Movie &Popcorn Day: The Little Women 11:30 Walking Group 12:30 Poker for Fun Computer II Class	29 9-4 Billiards, Ping Pong Computer Lab 9:30 Tai Chi II Class 10-2 Trip: Mt Vernon Inn Gift Shop & Lunch Exercise Bike 10:15 Dominoes Volunteer: HospitalBears 10:45 Qigong Class 11:30 Walking Group 12:30 Rummikub ESL & Ingles Para Latinos Class 2:30 BallroomDanceClass	30 9-4 Billiards, Ping Pong Exercise Bike 10-12 Bridge Group 10:15 Chair Tai Chi & Yoga Video 11-4 Computer Coaching 11:30 Walking Group TriOminoes 12:30 Kings in Corner Grand Canyon Video 12:45 Piano Lessons 1:30 Firedrill	

Program dates & times are subject to change; call the center for daily changes.

Lorton Center Weekly Programs

The start of a new quarter means we have open enrollment for our classes. Interested in taking computer classes? We have small group coaching sessions as well as beginner and intermediate classes. Exercise anyone? Jazzercise, Tai Chi II or QiGong? How about a Dance Class: line and ballroom? We many more opportunities for exercise to vary your routine, check out our calendar. Reservations are required for all classes and seminars.

Line Dance Classes with Sarah Jane \$5 per quarter Mondays **Line Dance I** at 12:30 - 1:30 p.m., **Line Dance II** at 1:30 - 2:30 p.m.
Bridge Group, Informal Bridge, all levels. Would like to start an intermediate group! Mondays & Thursdays 10 a.m. – noon
Canvas Stitching Project with Saadia. Some projects may require a supply fee. Meets Mondays 12:30 p.m.
Computer I Class with Manny \$5 for 8 classes Space limited, Tuesdays 10 a.m. - noon
Computer II Class with Manny \$5 for 8 classes Space limited, Tuesdays 12:30 - 2:30 p.m.
Forever Fit Exercise Class at Gold's Gym with Personal Trainer Register with Lorton Senior Center for discounted fee of \$3 per class payable to Gold’s Gym Tuesdays 10:30 a.m.

Poker For Fun Group We play for fun, prize goes to winner of the day. New and experienced players welcome! Tuesdays 12:30 p.m.

Red Hat Society (Red Hot Ladies of Lorton) Meetings on 3rd Tuesday, 10:30 a.m. - noon. For special trips see calendar
Tai Chi II Class with Ann Smolinski. This is an **Intermediate** Class. \$5 per quarter Wednesdays, 9:30 a.m.

Qigong Class with Ann Smolinski \$5 per quarter Wednesdays 10:45 a.m.
Ballroom Dance Classes with Sarah Jane, Couples or singles welcome. \$5 per quarter (RR) Wednesdays, 2:30 - 4 p.m.
ESL Class and Ingles Para Latinos with Peter and Miryam. Improve your English skills. Free Wednesdays, 12:30 p.m.
Computer Coaching with Helen, Individual informal coaching will assist you with basic computer skills and the internet. Must have appointment \$5 per quarter Thursdays, 11 a.m. – 3 p.m.
Piano Lessons with Karrah. \$15 for book. Group classes are free. Thursdays, 12:45 p.m.

Blood Pressure Check and Health Topic Discussion with Eleanor Mazzai. Free 1st Thursdays, 10:30 a.m. and 12:30 p.m.
Steve’s Travels Join Steve, retired journalist for video tour of exotic places. Free 3rd Thursdays, 12:30 p.m. (except Wednesday September 20, 2006)

Healthwise Discussion with CVS Pharmacist. See calendar for monthly topics. Free 4th Thursday, 11 a.m.
Get Fit at South Run Recreation Center See staff for details. \$5 per quarter. Fridays
Watercolor Painting Class with Anne Cox. Beginner and experienced painters welcome \$5 per quarter. Fridays, 9:30 – 11 a.m.
Introduction to Excel Computer Class with Peter Faragalla \$5 per quarter. Fridays, 12:30 - 1:30 p.m.
Shiang Kung Exercise with Trinh. This Chinese/ Vietnamese exercise brings good energy into the body. Each series of movements, repeated 18, 24, or 36 times and designed to bring energy to a particular point in the body. Free, Fridays, 1:20 p.m.

Lorton Center Special Programs

SPECIAL TRIPS (Most trips are from 10:00-2:00pm with a \$1 bus fee unless otherwise noted. Lunch fees are additional. Advance reservations are required (RR) for all trips. If minimum attendance is not met, trip will be cancelled.)
Farmer’s Market at Sherwood Library and lunch. (See calendar for restaurants) Tuesdays 9/12, 10/10, 11/7
Progressive Lunch Enjoy a tour of several of Lorton’s participants’ homes as they host a portion of today’s special luncheon. Sign up early! (RR by 9/18) \$ lunch donation Friday, 9/22
National Arboretum and Bonsai Garden Tram Tour Bring your own lunch! \$ Ticket Tuesday, 9/26
Big Apple Circus RR \$8 Ticket Fee + Fastran + lunch. (*Ticket fee is due NO LATER THAN Sept 6.*) Wednesday, 10/4
Senior Services Trip: Fall Leaves Bus Tour and Lunch at Graves Mountain Lodge Wednesday, 10/18 Time is TBA RR !@\$20
Free Concert at Old Town Hall/ lunch University Mall Thursday, 10/19 lunch on your own.
Mystery Trip: Come along with us on a trip! “Where?” you ask. It’s a secret adventure! \$15+fastran Wednesday, 11/1
National Zoo See the baby panda and much more! Bring your own lunch. Monday, 11/6
Lorton Library: Local History and Genealogy Program Monday, 11/6
Free Concert at Old Town Hall/ lunch University Mall Lunch on your own. Thursday, 11/16
Mt Vernon Estates Gift Shop and Restaurant Tour, shop, dine by your own itinerary. Wednesday, 11/29

SOCIALS AND EVENTS (Advance reservations required)
Coffee House Community Open House Show off your Senior Center, invite your family and friends for a fun evening. Live entertainment by the Lowe Runner Band. County services information will be available. Free 6- 9pm Wednesday, 9/20
That Oldies Place with Steve the DJ, put on your dancing shoes! **September Birthday Cheers** 10-12 Friday, 9/15
Bianca Belly Dance Demonstration 12:30 Friday, 9/15
That Oldies Place with Steve the DJ, **Polka Day!** Put on your dancing shoes! **October Birthday Cheers** 10-12 Friday, 10/20
Lorton Senior Center 16th Anniversary Party, Join us for Entertainment, Luncheon, Advisory Council Recognitions and our Annual Group Photo! Tuesday, 10/24 (RR) by 10/19)
That Oldies Place with Steve the DJ, put on your dancing shoes! **November Birthday Cheers** 10-12 Friday, 11/17 followed by **Advisory Council Thanksgiving Potluck Luncheon** Bring in a dish to share for lunch. See sign up list at center. 12:00 Friday, 11/17
ANNUAL BAKESALE, FINE ARTS and CRAFTS SHOW and SALE We have a new format for our Annual Advisory Council Craft Bazaar Fundraiser; Local Artists and Crafters can rent table space and sell their work. Support Lorton Senior Center by making baked goods, renting a table and/or purchasing goods! Reserve your table space early. See Anne or Brigitte for more information. 9am-4pm Mon-Wed, November 20, 21, 22.

HEALTH, LEGAL & SAFETY EDUCATION (Advance reservations required)
Healthwise Discussion with CVS Pharmacist 11:00, 9/28 Topic: Cataracts, Glaucoma, Macular degeneration, 10/26 Topic: Headache Management
Hearing Screening Free 10-2 Friday, 9/8
Heart Health, Congestive Heart Failure with Dr Azita Moalemi Free 12:30 Part 1 Thursday, 9/21, Part 2 Thursday, 10/12
Senior Academy of Technology Computer Wkshp: Create Your Address Book Using Access with Faith \$2 10:00Monday, 9/14
Senior Academy of Technology Computer Wkshp: Microsoft Word Mail-Merge for Xmas Lists with Faith \$2 10:00 Mon, 10/2
AARP 55 Alive Driving Class Two Days, \$10 9:00am-2:00pm Thursday and Friday, 10/5and10/6
KCossa, Elder law Attorney Topic: Question and Answer Time Free. 12:30 Wednesday, 10/11. Please let us know the topic you would like to discuss a week in advance so Ms Cossa can prepare any specific information/ materials you may need.
Flu Shot Clinic with INOVA Health \$25 or Medicare Pt B Card. 12:30-3:30 by appointment only, Friday, 10/13
Senior Academy of Technology Computer Workshop: Guide to Buying a Personal Computer with Manny \$2 Tuesday, 11/7
Senior Academy of Technology Computer Workshop: Guide to Buying a Laptop Computer with Manny \$2 Tuesday, 11/14
Senior Academy of Technology Computer Fieldtrip: Local Shopping for a Computer with Manny \$2 Tuesday, 11/28